

## Clean Out Your MEDICINE Cabinet!

**Take your medications to a  
permanent collection site or special  
community collection event**

Currently, 53 permanent medication collection bins have been installed at law enforcement agencies in 14 counties in Utah including: Box Elder, Cache, Carbon, Davis, Morgan, Salt Lake, Sanpete, Summit, Tooele, Uintah, Utah, Wasatch, Washington, and Weber.

Each agency collects and safely destroys the drugs. You can find locations at [www.medicationdisposal.utah.gov](http://www.medicationdisposal.utah.gov). This website is updated as collection sites are added throughout Utah.

Check with your county to see if they sponsor Household Hazardous Waste collection events. Also, communities hold special "Clean Out Your Medicine Cabinet" events. Both types of community events are listed at: [www.medicationdisposal.utah.gov](http://www.medicationdisposal.utah.gov).

### Facts About Drug Disposal

- Unused medicine flushed or rinsed down the sink can hurt you and your environment
- Drugs can be taken out of your trash and used or illegally sold
- Children and animals may be poisoned by taking these drugs
- Drugs are not always removed by sewage treatment facilities and septic tank systems and can enter the water supply and soil
- Research studies show that exposure to drugs found in our water is having a serious affect on fish and animals



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**For more information please visit:**

[www.medicationdisposal.utah.gov](http://www.medicationdisposal.utah.gov)

[www.drugfree.org](http://www.drugfree.org)

[www.whitehousedrugpolicy.gov/drugfact/prescr\\_drg\\_abuse.html](http://www.whitehousedrugpolicy.gov/drugfact/prescr_drg_abuse.html)

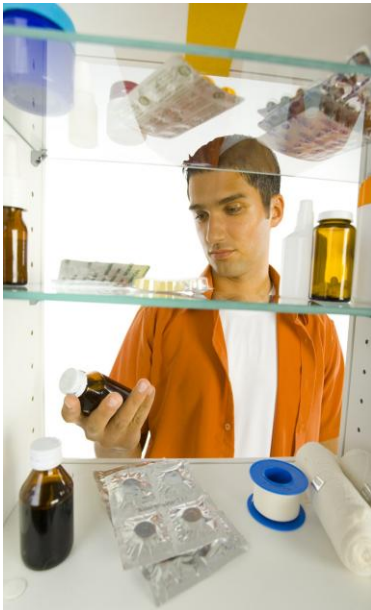
**Developed by A. E. Hoehler, MD  
Endorsed by the Utah Poison Control Center**

## Proper Disposal of Prescription and Over-the-Counter Drugs for Utah Households



## No Drugs Down the Toilet or Sink

If you are like most people, you have prescription drugs and other medicines you or your family no longer need in your medicine cabinet.



In the past, it was recommended to flush these medicines down the toilet or sink.

Some of these medicines are dangerous and can end up in our environment.

## Disposal Guidelines for Utah

### DO NOT FLUSH! DO NOT POUR!

1. Check with your local police department to see if they have a drug collection program. For locations throughout Utah go to: [www.medicationdisposal.utah.gov](http://www.medicationdisposal.utah.gov)
2. Check to see if your community has a household hazardous waste program that collects medicines
3. If there is no collection option, follow these steps:
  - Mix unused pills with water or wet coffee grounds and liquid medicines with flour
  - Place the mixture in a sealable plastic bag and put it in the trash on the day of pick-up



## Why Should I Take the Time To Do This?

### Prevent Abuse, Poisoning, and Pollution!

Proper disposal of unwanted medicines is important.

### Drug abuse is very common.

- Abuse of prescription painkillers has increased among teenagers and young adults
- More than half of people who abuse painkillers get the drugs for free from friends or relatives

### You can prevent accidental poisonings.

- Children and pets can find medicine in your home or in your trash
- They may be taken by accident, on purpose, or illegally sold
- Unintentional prescription pain medicine overdose was the number one cause of injury deaths in Utah, even more than motor vehicle crashes. For information see: [www.useonlyasdirected.org](http://www.useonlyasdirected.org)

### It's your environment – Please don't flush!

- Many drugs flushed down the toilet are not removed by the sewer treatment plant or septic system
- These substances then get into our drinking water and our soil

**Take steps now to protect your community and the environment.**